

April Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung Street, Frederick, MD 21704 (Lower Level of the Urbana Regional Library)

Mondays 9:00-3:00	Tuesdays 9:00-8:00	Wednesdays 9:00-3:00	Thursdays 9:00-3:00
4 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	5 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class Center will close at 4:30 p.m. 5:00 *Supper Club	6 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	7 9:30 Color This 9:40 Strength Training 10:45 Exercise: Mobility 1:00 Cards and Games 1:30 *Line Dancing
11 Health Education 101 "Sense of Smell" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi 1:00 Rummikub	12 Health Education 101 "Sense of Smell" 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner/Games	13 Health Education 101 "Sense of Smell" 10:00 Mobile I&A 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 *Artful Creations: Stepping Stones	14 Health Education 101 "Sense of Smell" 9:30 Color This 9:40 Strength Training 10:45 Exercise: Mobility Noon *Breakfast for Lunch with Nurse Steve 1:00 Cards and Games 1:30 *Line Dancing
18 Nutrition Minute "Soy Foods" 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi Center closes at 2:00 p.m.	19 Nutrition Minute "Soy Foods" 9:40 Strength Training 10:00 *English Conversation 10:45 Exercise: Strength/Balance 1:00 Stitching Post 1:00 Chinese Mah Jong 3:00 *Watercolor Class 5:00 *Dinner 6:30 The Inside Scoop: Vein Disease	20 Nutrition Minute "Soy Foods" 10:45 Exercise: Stretching 11:30 Soy Foods Tasting 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	21 Nutrition Minute "Soy Foods" 9:30 Color This 9:40 Strength Training 10:45 Exercise: Mobility 1:00 Cards and Games 1:30 *Line Dancing
25 10:00 Stitching Post 10:45 Exercise: Mobility Noon *Basic Tai Chi 1:00 *Advanced Tai Chi	26 Health Fair at the Department of Aging Center opens at 3:00 p.m. 3:00 *Watercolor Class 5:00 *Dinner/Games	27 10:45 Exercise: Stretching 12:30 *Yoga 1:00 *English Class 1:00 Wii Bowling	28 Center is Closed The Department of Aging Offices and Senior Centers are closed
*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk. Programs may be canceled if enrollment is low. Activities are subject to change.		Department of Aging Activities and Day Trips April 1 - Groceries for Seniors April 4 – PEEPshow Trip April 8 – Smithsonian Your Way Trip April 22 – Dobbin House Luncheon Trip April 26 – Health Fair May 6 – FlowerMart Trip May 13 – National Civil War Museum Trip	

(see other side for program highlights)